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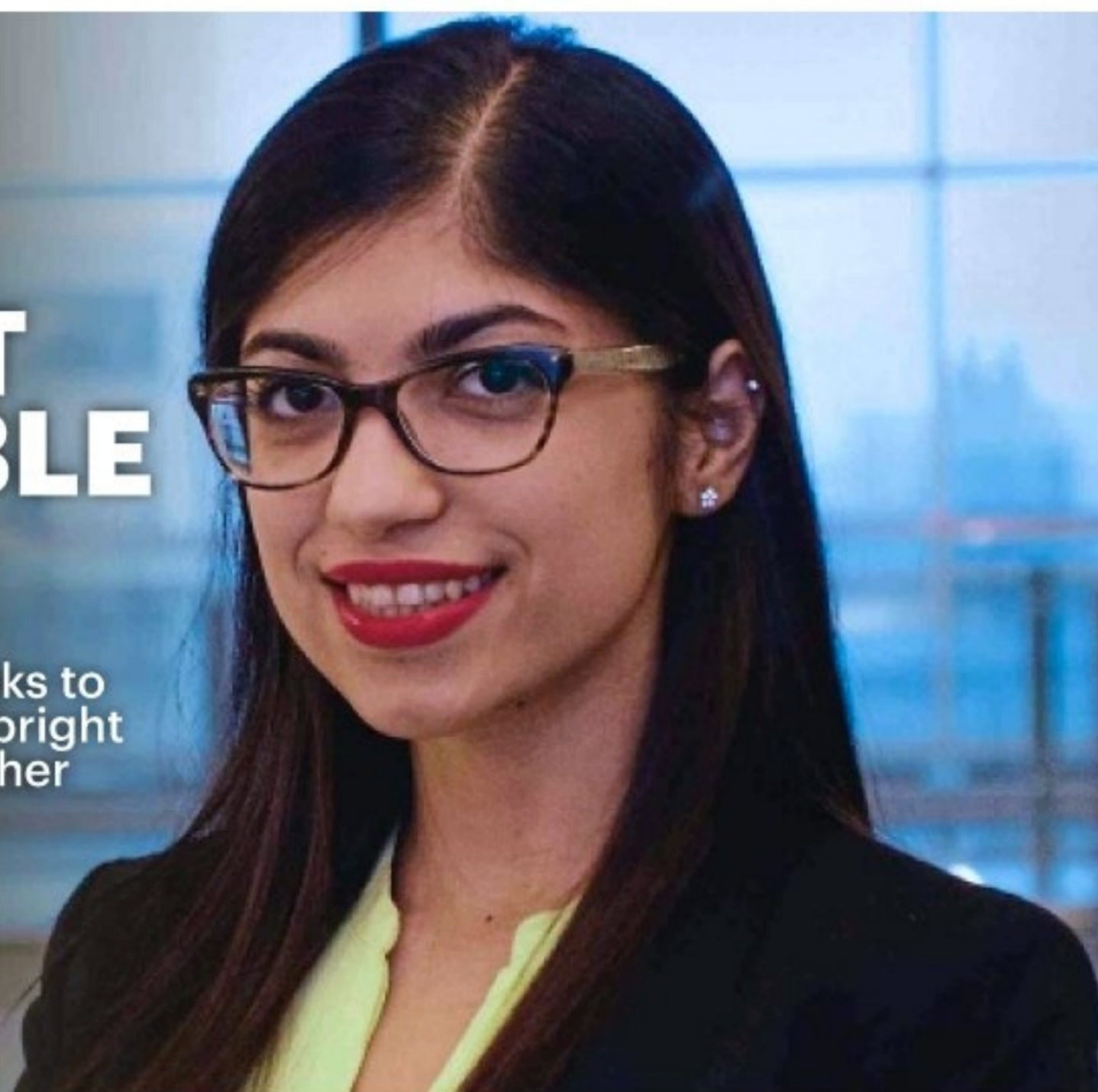
Your essential daily news | MONDAY, JANUARY 30, 2017

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'IT'S NOT ACCEPTABLE AT ALL'

She's in Edmonton;
he's in California. And thanks to
Donald Trump, two young, bright
minds can't see one another

metroNEWS



Plus
Donald Trump's
administration
Muslim Ban

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Alberta Muslim Public
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Crazy week for conservatives

LEADERSHIP RACE

Stephen Khan stepping down latest in string of changes



Kevin Maimann
Metro | Edmonton

The head of the Progressive Conservative Association of Alberta has a message for Wildrose leader Brian Jean, who said last week he would step down to seek the leadership of a new, combined right-wing party.

Not so fast.

"I think [Jean's statement] is a little presumptuous until we get down to the leadership and then sit down as a party and make that decision," PCAA Executive Director Troy Wason said Friday.

Tension has been mounting in Alberta's considerable right-of-centre camp since last fall, when PC leadership candidate Jason Kenney announced plans



Wildrose leader Brian Jean said if Alberta's two right-of-centre parties want to merge he'll step down to seek the leadership of the new party. THE CANADIAN PRESS

to "unite the right" and lead a joint conservative party.

Jean said Thursday any merger would have to be forged under the Wildrose umbrella to keep the party's rules and

funding in place, but he would be open to a name change.

A day later, PC leadership candidate Stephen Khan announced he was bowing out of the race and left some choice

words for his "damaged" party in the process.

"I expected it to be a well-run and principled campaign. Instead, it has devolved into vitriol, anger and division," Khan

wrote, in a statement posted to his website Friday, adding he could no longer participate in good conscience.

Khan's departure and message recalls November, when

Calgary MLA Sandra Jansen quit the PC leadership race claiming she had faced misogynist abuse.

Duane Bratt, a political scientist at Mount Royal University in Calgary told Metro the PC party is all but toast after this week's events — which also included PC leadership candidate Richard Starke speaking out as the sole advocate for a coalition that would maintain both the PC and Wildrose brands.

"I would say in all three of them (Starke, Jean and Khan), it was just the dawning realization that Jason Kenney can't be stopped," Bratt said.

Wason, however, is not certain of what will happen.

"Anything can happen. You've seen what's happened in the last 24 hours. Fifty days is 20 lifetimes," he said.

Jean told Metro Friday that he made his decision after lengthy consultations with party members and supporters. He said the parties will have to unite by summer.

"I settled on this course of action over a month ago," Jean said.

TIMELINE | How tensions rose after Jason Kenney threw his hat into the leadership ring

Sept. 20, 2016

Calgary-Midnapore MP Jason Kenney ends long speculation by officially announcing he will quit federal politics to gun for leadership of the Alberta PCs — with the ultimate goal of merging the PC and Wildrose into one party.

Oct. 1, 2016

The PC party officially launches a leadership race to replace interim head Ric McIver on March 18, 2017.

Nov. 8, 2016

Sandra Jansen and Donna Kennedy-Glans, the only women in the PC leadership race, drop out. Jansen cites harassment and bullying.

Nov. 17, 2016

Sandra Jansen crosses the floor to the governing NDP and warns of "extreme" views and intolerance taking over the PC Party.

Nov. 21, 2016

Jason Kenney's campaign is hit with a \$5,000 fine for illegally campaigning at a PC delegate selection meeting in Edmonton-Ellerslie.

Jan. 15, 2017

Alan Hallman, a senior PC member and Kenney adviser, is suspended from the party for social media comments, prompting a public disagreement between McIver and party president Katherine O'Neill.

Jan. 26, 2017

Wildrose leader Brian Jean says he is willing to stand down and run for the top position in a united right-wing party, if such a party is created.

Jan. 27, 2017

PC leadership candidate Stephen Khan, the only Edmonton-area candidate, exits the race citing "vitriol, anger and division" on the campaign trail.



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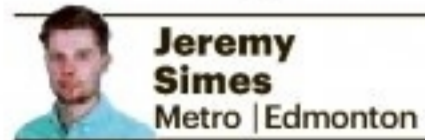
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HUDSON'S BAY

Fix the pit: Business group

URBAN DEVELOPMENT

Downtown lot has been vacant for about 11 years



Jeremy Simes
Metro | Edmonton

If a pit sits for 11 years in downtown Edmonton is it an eyesore or is it just an example of how much we value our inner core?

Whatever your answer, the head of the Downtown Business Association said it's time to improve the sunken pit at 100 Avenue and 106 Street.

"It doesn't contribute to the neighbourhood, it's not well kept, the fence is always falling over and people use it as a dumping site," Ian O'Donnell, the organization's executive director, said about the pit recently.

"It's just unfortunate the owner of the site doesn't put it into a decent state of repair until they sell it or redevelop it."

The lot is fenced in and features the remains of Edmonton's first apartment building, the



Downtown Business Association Executive Director Ian O'Donnell says it's high time for the developer to do something with a vacant, fenced-in lot. KEVIN TUONG/FOR METRO

Arlington.

But there's a problem: The city can't do much to turn the pile of rubble into something more substantial.

Sandeep Agrawal, urban planning professor at the University of Alberta, said Friday that the city's only real option to make

better use of the land is to appropriate it.

"That's essentially taking the development rights away, which is a very high standard," he said. "It can happen, but the city has to prove it's in the public interest to take it over."

"When land is vacant and sit-

ting there, it's hard for government to step in."

The Arlington, built in 1909, was gutted by a fire in 2005 and had to be demolished in 2008, due to the damage.

Since then, the lot's sat vacant, like a big empty pool.

City spokesperson Lisa Sob-

The city has to prove it's in the public interest to take it over.

Sandeep Agrawal

chyshyn said Friday that Edmonton has requested the developer to fill the excavation to ground level.

"The city recognizes the construction fence around the site has not been effective," Sobchyshyn said in an email. "So once the site is at ground level the fencing will no longer be required."

But O'Donnell said the developer should look to Abbey Glen Park — located on 102 Street and Jasper Ave — as a way to make better use of private land.

"That's what we would like to see — something returned to green space so people can at least use it during the day," he said. "The Arlington site gives the impression downtown is unkempt and there's no care or attention, and that's the bigger concern."

INVESTIGATION

Accused of seeking sex with girl, 11

An Edmonton man who coaches youth soccer is accused of trying to arrange to have sex with an 11-year-old girl.

The Alberta Law Enforcement Response Team, or ALERT, says investigators had been talking online with a suspect since last December prior to making an arrest on Wednesday.

He thought he was meeting a woman and her young daughter, but he was actually communicating with a member of the team's Internet Child Exploitation unit.

Investigators say the suspect allegedly engaged in sexually explicit conversations and tried to arrange for sex with the child.

Wesley Darrell Vander Leeuw, who is 43, is in custody on charges of making arrangements or agreement to commit sexual offences against a child and making child pornography.

Vander Leeuw was expected to make a bail application Friday.

THE CANADIAN PRESS

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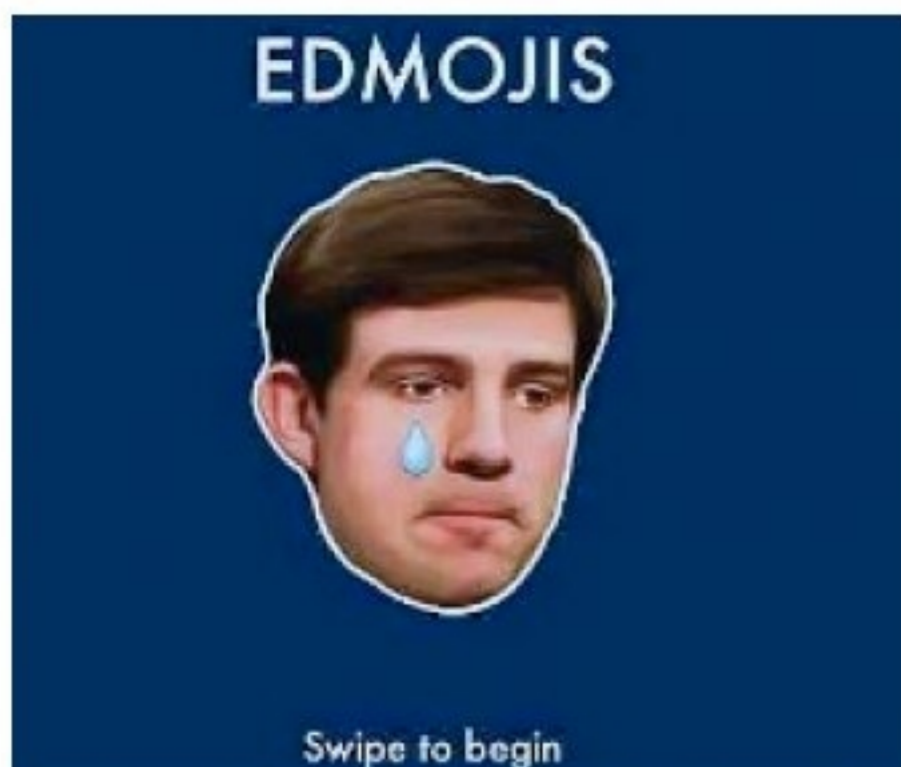
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Edmonton now has its own set of emojis. The set features city icons, festivals and the mayor. CONTRIBUTED

Sad Don Iveson rejoice

TECHNOLOGY

Emojis inspired by the city now available for Apple devices



Alex Boyd
Metro | Edmonton

Sometimes, all you need to express your feelings is a tiny picture of Mayor Don Iveson crying.

Now you have that option. EDMOJIS, a custom set of smartphone emojis designed just for Edmonton, is now available for iOS devices in the app store for a couple of bucks.

Designed by former Edmonton Journal staffers Lucas Timmons and Sandra Sperounes, the set features icons beloved by residents of the festival city, like the Talus Dome, green onion cakes and the famous

"We Done Bitches" sign that celebrated the end of construction on the Anthony Henday.

It also features the previously mentioned Sad Don Iveson, which shot to meme-dom back in 2014 after a picture of the Mayor looking forlorn — taken after the city was turned down for LRT funding — went viral.

"This really shows off how fun the city can be," Timmons said.

"Edmonton has this outsider perception that it's just grey and cold all the time but, if you look at this, it's colourful and neat and fun and surprising. There are all a whole bunch of stuff you wouldn't realize based on the reputation that the city has."

He and Sperounes launched an Indigogo campaign back in November to raise money for the project, and raised \$3,497 from 57 backers.

The version for iPhones went live Thursday, and they're currently working on a version for Android devices, he said.

IN BRIEF

Woman charged death of Edmonton man

A woman has been charged in a drive-by shooting that killed a man in Winnipeg.

Two men were shot while driving early on Nov. 26.

Theodoros Belayneh, 32, of Edmonton, died.

Winnipeg police Const. Rob Carver says it's likely drugs and or gangs played a part in the killing.

Paige Crossman, 23, is charged with first-degree murder, attempted murder and various drug charges.

She is being held in custody. THE CANADIAN PRESS

PROTEST

Court order against trophy-hunting opponents

Trophy hunting opponents demonstrated against an African hunting trade show in Calgary on Saturday, but an exhibitor says the hunters scored a victory with a court order against a group involved in the protest.

Earlier this month, Alberta Court of Queen's Bench Justice R.A. Neufeld ordered that defamatory statements in an email posted on Ban African Trophy Hunting's Facebook page and other social media be removed. The judge noted in his judge-

ment that the email is "offensive in the extreme by virtue of implying that trophy hunting is analogous to slavery and extermination of Jews."

The group was involved in protests held outside venues in several Canadian cities last year where African Events Canada promoted trips to hunt animals such as lions, leopards and elephants.

"What we've done is we've identified that these people can't keep saying defamatory, slanderous things to and about hunters,"

said David Little of Safari Club International's Calgary chapter, which sought the injunction along with African Events.

But the judge stated in the transcript of his oral decision on Jan. 5 that he wasn't able to rule on the validity of other statements questioning the benefits of hunting.

Because of that, he said he couldn't make a final adjudication on whether the hunting opponent's defence of fair comment was valid.

Mike Donovan of Ban African Trophy Hunting said the post with the email has been removed from his group's Facebook page but there were still many other, similar statements on the web page.

"They didn't want us protesting. They didn't want us exposing them for the people they are," Donovan said. "They're spinning this into some sort of victory and its nothing close to that."

The trade show continued through Sunday. THE CANADIAN PRESS



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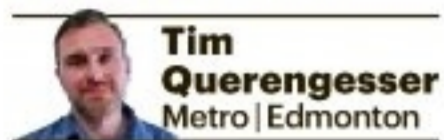
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Donald Trump's administration: *Muslim ban*

Love split by a president's order

RESTRICTIONS

Local Iranian student scared to visit boyfriend in California



Tim Querengesser
Metro | Edmonton

Donald Trump has cancelled Valentine's Day plans for an Iranian couple, one half who lives in Edmonton and the other in California.

Saghar Sobhani has spent about a quarter of her short life searching for a country to welcome her and her family, all of them Baha'i, which is a religious minority in Iran, the country where she was born and forced to flee.

In an Edmonton coffee shop Sunday, Sobhani, 22, reflected on the joy she, her sister and parents felt when they found refuge in this city nearly four years ago.

That has turned to anxiety now that Trump has used an

executive order to effectively ban people born in Iran from entering the United States.

But what makes this so personal for Sobhani is that her boyfriend, Sahab — who was also born in Iran and fled — now lives in California, where he studies aerospace engineering.

"I am in shock," Sobhani, who is studying finance and commerce at the University of Alberta, said. "This should change. Right now, everything is confused."

Sobhani said she and her boyfriend met as refugees in the Turkish city of Denizli, where she and her family had fled after religious persecution in Iran, including, she said, her mother and sister both being imprisoned.

About four years ago, the



Right now, everything is confused.

Saghar Sobhani

couple was forced to part in order to find more permanent refuge — he moved to California to be with his family, and she moved to Canada, where she's now a student and also part of the Iranian Students' Association of the University of Alberta.

The plan, Sobhani said, was for the two to pick either Canada or the U.S. to settle, once it became clear who could find work. But that's all in the air now, she said.

Though Canada's immigration minister, Ahmed Hussen, said Sunday that Canadian permanent residents from seven Muslim-majority countries targeted by a U.S. travel ban will still be able to cross the border — and Sobhani has residency — she said she's still scared to risk it.

"Trump can change his mind tomorrow," she said.

And if her boyfriend leaves the U.S., right now he won't be able to return to his home.

"We technically can't see each other," she said, smiling despite her obvious deep frustration.



Demonstrators hold up signs as protests against President Donald Trump's executive order banning travel from seven Muslim-majority countries continue at Los Angeles International Airport on Sunday. RYAN KANG/THE ASSOCIATED PRESS

Stand up, Qureshi says

A member of the Alberta Muslim Public Affairs Council is calling on people to stand up to Islamophobia as the spectre of reactionary actions takes shape in Canada following U.S. President Donald Trump's refugee ban. As Metro went to press, news was breaking of a shooting at a mosque in Quebec City. It is the sort of event Aurangzeb Qureshi with the Council said people need to stand together to stop and denounce.

"If we're not protesting or saying anything, or coming to someone's aid, we're complicit in the act," Qureshi said.

All calm at EIA: Officials

Officials at Edmonton International Airport say the U.S. travel ban has not created a noticeable difference at the airport. Spokesperson Traci Bednard said there was no apparent commotion over the weekend. Still, Bednard said the airport does not deal with affected passengers directly and is instead trying to support airlines and customs officials who do.

TIM QUERENGESSER/METRO

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Dr. Avi Aulakh stands outside Addiction and Mental Health Services, where he leads the AHS Opioid Dependency Program.

KEVIN TUONG/FOR METRO

“
People are
becoming
more aware.”
Dr. Avi Aulakh

Treatment a family affair

HEALTH

Support system a growing trend in opioid addiction fight



Kevin
Maimann
Metro | Edmonton

Treatment for opioid addiction is becoming a family affair as awareness of the overdose crisis spreads.

Dr. Avi Aulakh, lead physician at the Alberta Health Services Opioid Dependency

Program, said he's noticed a trend of people accompanying loved ones when they come in for treatment at his downtown Edmonton office.

"We are actually hearing a lot of the first-hand experiences of these patients who have lost a loved one to overdoses, and that might be their reason for seeking help," he said.

"We're also seeing a lot of family involvement. A lot of family members are bringing their loved ones for treatment."

Aulakh said the scourge of overdoses across Alberta and the ensuing media coverage has led to visits from people who might not have previously

been aware that services were available — but he knows there are still users who do not know the program exists.

Aulakh provides methadone or Suboxone maintenance treatment in an outpatient setting, which can help users function normally on a long-term basis without drowsiness or withdrawal symptoms.

"Definitely the demand has gone up in the last couple years," he said.

"People are becoming more aware. Some people who might have been struggling for many, many years are now becoming more aware of the treatment options and modalities and

they are seeking help."

He hopes to crush some misconceptions still held by those who have not sought help.

One of those misconceptions is that a user can detox and be done with it — detox can be dangerous for opioid users by lowering their tolerance and therefore increasing their likelihood of overdosing upon relapse.

Another misconception, Aulakh said, is that waiting lists are long and registering is complicated.

"Anybody can walk in," he said.

"Treatment can be started within a couple days."

Fighting fire with fire



Elizabeth
Cameron
For Metro | Calgary

Swapping opioids for other opioids might seem counterproductive — but it might be a key strategy to combat Alberta's growing opioid crisis.

Opioid replacement therapy (ORT) is the most effective intervention for treating opioid use disorder, according to a progress report released by Alberta Health's office of the chief medical officer of health (OCMO) in November 2016.

ORT replaces illegal opioids such as fentanyl and heroin with methadone or buprenorphine (commercially known as Suboxone): opioids that don't give the user a high.

Critically, they also reduce withdrawal symptoms for those struggling with opioid use disorder, a medical condition often complicated by mental health conditions.

"There's still a shortage of — if not physicians — clinics that do this sort of medicine," said Ed Jess, director of prescribing and analytics at the College of Physicians & Surgeons of Alberta (CPSA).

In Calgary, the only provincially funded opioid depend-

ency program (ODP) providing methadone and Suboxone is located downtown at the Sheldon Chumir Health Centre.

Those struggling with opioid use disorder can expect to wait four to six weeks to get into the program unless HIV-positive, pregnant, or otherwise prioritized.

Edmonton faces a similar situation — limited resources for a rapidly growing demand that the province was not prepared for.

"Four to six weeks is probably not an unreasonable wait time, given that that growth in demand has happened in a short time," said Julie Kerr, senior operating officer for community, rural, and mental health services in the Calgary Zone with Alberta Health Services (AHS).

"If you're the person experiencing the issue with the addiction, four to six weeks feels like a long time — we certainly know and appreciate that."

She said more funding from the province would be required to open additional clinics.

In Canada, physicians who want to prescribe methadone or Suboxone must obtain one of two types of exceptions from Health Canada under section 56 of the Controlled Drugs and Substances Act.

An "initiation" exemption requires physicians to demonstrate they have experience in an opioid dependency related setting.

The other type is patient-specific: The physician must complete the online course and get a letter of support from each patient's specific opioid dependency clinic.

Applicants for either exemption are required to take an online methadone-maintenance treatment course, which is now offered several times a year, depending on demand.



Suboxone is used in opioid replacement therapy (ORT) for people addicted to deadly opioids such as fentanyl.

THE CANADIAN PRESS FILE

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Lawyers file appeal for Vader

MANSLAUGHTER

Notice asks to set conviction aside, stay charges

Lawyers for Travis Vader have filed an appeal.

Vader was sentenced earlier this week to life in prison for manslaughter in the deaths of Lyle and Marie McCann. The couple, in their late 70s, vanished in July 2010 after leaving their Edmonton-area home to go camping in British Columbia.

A notice of appeal from the defence asks Alberta's top court to set aside the conviction and enter a stay on the charges or an acquittal. If there is to be a new trial, Vader wants his case heard by a jury.

If the conviction stands, Vader wants his "demonstrably unfit" sentence changed, says the notice filed Friday.

The court document lists a dozen grounds for appeal, including the trial judge not ordering a mistrial after initially finding Vader guilty of second-degree



Brian Beresh, defence lawyer for Travis Vader. Lawyers have filed an appeal, requesting Alberta's top court set aside the Vader's conviction and enter a stay on the charges or an acquittal. THE CANADIAN PRESS

murder.

Court of Queen's Bench Justice Denny Thomas mistakenly used

an outdated section of the Criminal Code and later substituted his verdict with manslaughter.

The appeal notice says Thomas first erred in the case a year ago when he refused to stay the charges because of an unreasonable delay in getting to trial.

The judge then relied on circumstantial evidence and unsavoury Crown witnesses during the trial, the notice claims.

"The learned trial judge erred in law by making findings of fact in both his reasons for conviction and reasons for sentence that were unreasonable and not supportable by the evidence."

The motion further claims the judge failed to find that Vader's rights were violated while he was in custody. Vader testified during his sentencing hearing that guards humiliated him during a strip search and RCMP prevented him from meeting privately with a lawyer.

The defence had asked that Vader receive a stay because of the alleged mistreatment or get more credit for his time behind bars and be released with time served.

Thomas determined at trial that Vader was a desperate drug addict who came across the McCanns and killed them during a robbery west of Edmonton. He then burned their motorhome and disposed of their bodies in the wilderness, the judge said.

The couple's remains have never been found.

THE CANADIAN PRESS

ARSON CHARGE

Forgiveness for boy



Alex Boyd
Metro | Edmonton

A church congregation near Edmonton is promising forgiveness for the 12-year-old boy charged with arson Friday after one of its buildings was burnt down on Dec. 18.

In a statement, the Stony Plain Alliance Church, located about half an hour east of Edmonton, said the fire was a "heartbreaking" event for their community, and that they are "saddened" to hear a minor has been charged.

"It's our desire to be part of the process of healing for the family, for our congregation and for the community at large," the group said, in the statement.

The RCMP said that the boy will appear in provincial court. It took firefighters several hours to put out the fire at the Stony Plain Alliance Church's family centre on Dec. 18.

No one was injured.

The 1,200 person congregation will move their services to another location in Spruce Grove until they can find another space in Stony Plain, according to the statement.

JASPER AVENUE

Deadly fire causes 500K in damages

The Jasper Avenue apartment that recently left one person dead also caused \$500,000 in damages, according to Edmonton Fire Rescue Services.

But the value of the damages is the only update Edmonton fire officials provided Friday, as staff continue to investigate the blaze that tore through Oliver Place at Jasper Avenue and 118 Street on Jan. 19.

In addition to one death — officials are not releasing the name, gender and age of the deceased for undisclosed reasons — the fire left another man in his 20s with injuries.

"The cause of the fire is undetermined at this time and is still under investigation," fire spokeswoman Sarah Meffen said, in an email. "No further information is available."

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Donald Trump's administration: *Muslim ban*

Voices from across Canada

As the reality of President Donald Trump's sweeping immigration order sinks in, dual Canadian citizens and refugees remain anxious and on edge. The order temporarily bars the citizens of seven predominantly Muslim nations — Iraq, Syria, Iran, Sudan, Libya, Somalia and Yemen — from entering the U.S. **METRO CANADA**

HALIFAX

A Halifax woman with a dual citizenship can't even think about traveling to the United States right now.

News of the American travel ban shocked Nikki Jafari. Born in Iran, Jafari was raised in Turkey and moved to Canada as a child, settling in Halifax.

She said she used to travel to the U.S. a lot but not anymore.

"Now I'm just sick thinking about it," she said.

"It creates so much conflict for real people," she added.

Jafari said she thinks President Trump is unfairly targeting these seven countries. It also feels like the world isn't remembering the lessons it learned about hate and intolerance, she said. It's very sad, she said, that everyone is watching but not doing anything.

"It's just all so sad, when you think about the wars all over the world it's just the innocent people that pay the price for what the governments decide."



Calgary's Yusra Alshakh ELIZABETH CAMERON/METRO



Winnipeg's Azita Fazelkhah CONTRIBUTED



Vancouver's Wyle Baoween JENNIFER GAUTHIER/FOR METRO

CALGARY

A Syrian refugee family who moved to Calgary shortly after their initial arrival in the U.S. is heartbroken they will not be able to visit family across the border.

"This isn't fighting terrorism, it's tearing families apart," said Saima Jamal, co-founder of the Syrian Refugee Support Group (SRSG).

She described a Syrian refugee family comprised of a couple and two young children who moved to Canada last year.

The woman, Yusra Alshakh, was planning to visit her family members that live in the U.S., but the SRSG had to explain that was not an option for the next few months at least. Speaking through a translator, she said she feels devastated she might not get to see her mother or sister.

"To see these people blanket labelled as terrorists — it's unbelievable."

VANCOUVER

Vancouver resident and entrepreneur Wyle Baoween just returned from an annual family vacation in Hawaii with his American in-laws and had planned to attend several investor meetings in Seattle, but after U.S. President Donald Trump's executive order on Friday, he says he no longer feels comfortable travelling to those places.

Baoween, a Canadian permanent resident originally from Yemen, came to B.C. about one year ago as a student.

He and two friends co-founded the company, HRx, in an effort to eliminate racial profiling from the hiring process.

But the recently announced day travel ban has shaken his optimism.

"I was frustrated. You feel like you have no power to change anything," he said.

WINNIPEG

An Iranian woman studying in Winnipeg is trying to understand what the United States' new immigration policies mean for her and her boyfriend.

Azita Fazelkhah is from Iran. The 29-year-old has been in Winnipeg on a student visa since September 2014. She's working on a PhD in electrical engineering at the University of Manitoba and had planned to attend a scientific conference in New Orleans in February.

The travel ban means she will likely have to cancel a trip she and her Iranian boyfriend spent months planning.

"I live in Canada, I study in Canada, but I can't to the U.S.," Fazelkhah said, adding that missing out on the conference means she loses a chance to network with and learn from experts in her field.

Fazelkhah and her boyfriend arranged to visit New York, Las Vegas and California while in the U.S. and spent thousands of dollars preparing for the trip. They haven't cancelled their bookings yet, but Fazelkhah said she hopes she can get her money back.

OTTAWA

Ottawa residents who have been Canadian citizens for decades are still fearful of travelling to the United States, because of U.S. President Donald Trump's sweeping ban on travel from seven Muslim-majority countries.

Amin Asadollahi, climate change lead at the International Institute for Sustainable Development in Ottawa, travels for work and said despite those assurance he is going to be cautious about travelling.

"Am I no longer able to do that? Do I have to teleconference in?" He said.

Asadollahi said the U.S. policy change was so swift he finds it hard to predict what the administration might do next.

"It's not clear and it also doesn't feel right. It doesn't feel right to be labeled as a criminal just because of where I was born," he said.

He said Canada should condemn these policies for what they are.

"He is labeling people based on their religion and their place of birth as criminals," he said. We should call racist policy racist."

Federal immigration minister clarifies restrictions



Ryan Tumilty
Metro | Ottawa

Federal Immigration Minister Ahmed Hussen said Sunday he's been assured Canadian citizens and permanent residents can travel through the United States as usual, even if they also hold citizenship in one of seven countries President Donald Trump targeted in an executive order.

Trump's order over the weekend banned citizens

from Iraq, Iran, Syria, Libya, Somalia, Yemen and Sudan from travelling to the U.S., leaving thousands in limbo at airports around the world.

Hussen said he has received assurance from officials that dual-Canadian citizens and permanent residents with a valid card would not be stopped.

Daniel Jean, Canada's National Security Advisor, said his American counterparts have assured him that dual Canadian citizens were never the target.

"They never intended to ban

Canadian citizens including dual citizens of the seven countries," he said.

Hussen did not condemn the U.S. actions, but said Canada would continue to be open to refugees.

"Every country has the right to determine their policies. I can only tell you that we will continue our long-standing tradition of being open to those seeking sanctuary," he said.

He did not commit Canada to taking on more refugees

from the affected countries.

"We're doing our part as a country to meet our global obligations to refugees," he said.

Hussen, who immigrated from Somalia himself in the mid 1990's, said he was never concerned about his ability to travel through the United States even when the implications of Trump's ban were unclear.

"I am a Canadian citizen," he said. "There is no issue with my ability to travel."



Immigration Minister Ahmed Hussen. THE CANADIAN PRESS

Donald Trump's administration: *Muslim ban*



Protesters carry signs in Lafayette Park near the White House during a demonstration to denounce President Trump's executive order. ALEX BRANDON/THE ASSOCIATED PRESS

Advocates 'in crisis mode'

RESISTANCE

Lawyers struggle, protesters rally as White House clamps down

President Donald Trump's immigration order sowed more chaos and outrage across the country Sunday, with travellers detained at airports, panicked families searching for relatives and protesters registering opposition to the sweeping measure that was blocked by several federal courts.

Attorneys struggled to determine how many people had been affected so far by the rules, which Trump said Saturday were "working out very nicely."

But critics described widespread confusion, with an untold number of travellers being held in legal limbo because of ill-defined procedures. Lawyers manned tables at New York's Kennedy Airport to offer help to families whose loved ones had been detained, and some 150 Chicago-area lawyers showed up at O'Hare Airport after getting an email asking for legal assistance on behalf of travellers.

"We just simply don't know how many people there are and where they are," said Lee Gelernt, deputy director of the Amer-

ican Civil Liberties Union's Immigrants' Rights Project.

Advocates for travellers say the chaos is likely to continue. The executive director of National Immigration Law Center, Marielena Hincapie, said "this is just the beginning."

"We're really in a crisis mode, a constitutional crisis mode in our country, and we're going to need everyone," she said. "This is definitely one of those all-hands-on-deck moments."

Protests continued across the country Sunday. Demonstrations first erupted Saturday, a day after Trump signed the order banning travel to the U.S. by citizens of Iraq, Syria, Iran, Sudan, Libya, Somalia or Yemen. The president also suspended the U.S. refugee program for four months.

Standing in sight of the Statue of Liberty and Ellis Island, demonstrators on Sunday packed New York City's Battery Park to demand an end to President Donald Trump's ban on travellers from seven majority Muslim nations. The crowd gathered Sunday near the ferries that carry visitors to the statue and the island, the place where 12 million people entered the U.S. in the golden age of immigration. They carried signs saying "America was built by refugees," and "Muslim ban is un-American."

THE ASSOCIATED PRESS



Global reaction Many decry ban while nationalists applaud

UNITED KINGDOM

British Prime Minister Theresa May does "not agree" with Trump's order and will challenge the U.S. government if it has an adverse effect on British nationals, a spokesman said. A petition on the British Parliament's site attracted hundreds of thousands of signatures backing its call for Trump, who has been invited to meet Queen Elizabeth II, to be barred. AP

GERMANY

Chancellor Angela Merkel also regretted the ban. Merkel raised the issue during a phone call with Trump, citing the Geneva Refugee Convention that calls on signatories to take in people fleeing war. "She is convinced that even the necessary, resolute fight against terrorism doesn't justify putting people ... under general suspicion," a spokesman said. AP

NETHERLANDS

In contrast, nationalist and far-right groups in Europe applauded the restrictions and said they should be used as a model for the continent. The Dutch anti-Islam populist Geert Wilders said in a tweet: "Well done @POTUS it's the only way to stay safe + free. I would do the same. Hope you'll add more Islamic countries like Saudi Arabia soon." AP

ITALY

In Italy, the leader of the anti-immigrant Northern League party also expressed admiration. "What Trump's doing on the other side of the ocean, I'd like it done also here," Matteo Salvini said. Meanwhile, Italy's Interior Minister Marco Minniti, who had held top security roles in recent governments, warned against "equating immigration and terrorism." AP

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Fatalities in 'barbaric' shooting at mosque

QUEBEC CITY

Two suspects held, no motive confirmed

The president of a Quebec City mosque says he has been told that five people have been killed in the building.

Mohamed Yangui says he heard the news from witnesses.

Police tweeted there were deaths and injuries but aren't saying yet how many victims there are.

Police say two suspects are in custody.

A live video feed on a Facebook page of a mosque showed images of multiple police vehicles and yellow police tape.

Public Safety Minister

Ralph Goodale tweeted Sunday he is deeply saddened by the loss of life, his office says no motive has been confirmed.

Quebec Premier Philippe Couillard reacted on Twitter by calling it "barbaric violence."

"All our solidarity is with those who are close to the victims, the injured and their families," he said.

The mosque in question had a pig's head left outside the building last June.

Prime Minister Justin Trudeau also weighed in on the tragedy.

"Tonight, Canadians grieve for those killed in a cowardly attack on a mosque in Quebec City," he tweeted. "My thoughts are with victims & their families."

THE CANADIAN PRESS



Tonight, Canadians grieve for those killed in a cowardly attack.

Prime Minister Justin Trudeau



Police on the scene of a shooting at a Quebec City mosque Sunday. FRANCIS VACHON/THE CANADIAN PRESS

NEW BRUNSWICK

Military sent in to help after ice storm

New Brunswick's premier says the military is sending between 100 and 150 troops to help with recovery efforts in the areas that have been hardest hit by last week's ice storm.

Brian Gallant told a news conference in Shippagan Sunday that soldiers are being deployed over the next 24 hours in the effort to assist local authorities by going door-to-door to check in on residents, clear debris and distribute water and other essentials.

"We should see quite a presence tomorrow in the region," Gallant said.

"Everybody is in a mode in which we understand that every minute counts, every hour counts and every day counts, and we're all focused on one thing."

Gallant says discussions of cost have been put aside until after the crisis as security continues to be the top priority.

"You can't put a price on people's safety," Gallant said.

New Brunswick Power reported that more than 25,000 customers were affected by the outages Sunday, the bulk of them on the Acadian peninsula, where the impact of

Wednesday's storm has been most severe.

The Canadian Armed Forces sent in a recon team Saturday to see how to best direct their efforts in response to the premier's request for help.

Gallant welcomed the military back-up, acknowledging there are several days of work ahead to get the entire province back on the electrical grid, especially in areas where most of the affected communities are cut off from power.

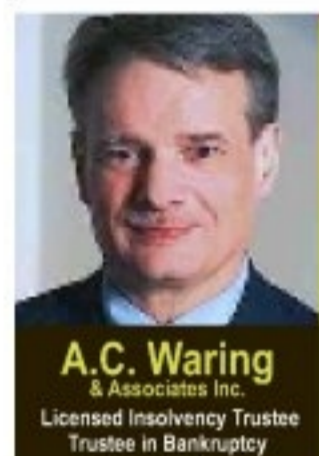
Around 350 crews worked under strenuous conditions Sunday that have stalled restoration efforts, Gallant says, such as extreme ice loading on lines, which has even caused new outages on the Acadian Peninsula.

He said in certain areas, the extent of the damage to electrical equipment has been more severe than expected.

He added that 31 people are being treated for what is believed to be carbon monoxide poisoning as of Sunday.

It's a more than fourfold increase in cases from the day. Two deaths last week were also believed to be caused by carbon monoxide poisoning.

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MALAYSIA

People form chain at sea to survive after boat sinks

Twenty-two people, mostly Chinese tourists, formed a human chain at sea to drift more than 10 hours before they could be rescued Sunday off Malaysia's coast after their boat sank in turbulent waters, authorities said. Three bodies were recovered, and six other people from the boat were missing. The search area is nearly 1,400 square kilometres of the South China Sea. THE ASSOCIATED PRESS

YEMEN

Al-Qaida targeted in raid

A U.S. military service member was killed Sunday during a raid against al-Qaida militants in central Yemen that also left nearly 30 others dead, including women and children. The loss of the service member is the first-known combat death of a member of the U.S. military under President Donald Trump.

"Americans are saddened this morning with news that a life of a heroic service member has been taken in our fight against the evil of radical Islamic terrorism," Trump said in a statement.

The U.S. has been striking al-

Qaida in Yemen from the air for more than 15 years, mostly using drones, and Sunday's surprise pre-dawn raid could signal a new escalation against extremist groups in the Arab world's poorest but strategically located country.

A U.S. defence official said the raid was approved by Trump. President Barack Obama had been briefed on it before he left office on Jan. 20, but for operational reasons it was not ready to be executed before he departed, according to the official.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION Is it polite to decline a destination wedding invitation from a work friend you wouldn't invite to your own wedding?

Dear Ellen,

A work friend of mine got engaged over Christmas, and invited me to the wedding. I was surprised because I love working with her, but we don't really see each other outside of work, and honestly if I was getting married I don't know if I would invite her. The only problem is the wedding is in Jamaica, which is pretty far from Calgary. So it will be expensive to go, and it's in May. I might be tempted to go and make a holiday of it if it was winter here, but it doesn't make sense to go in the spring-summer. I feel bad about not going, but also a little mad that she expects me to pay for a big trip like this. Is it polite to decline the invitation?

Saskia

Dear Saskia,

According to the most recent statistics I could find in a one-minute Google search, more than 160,000 Canadian couples are getting married this year, and, according to Weddingbells.ca, one in four will choose to have destination weddings.

Which means a lot of wedding guests will be shelling out for trips to fulfil someone else's fantasy instead of spending their hard-earned dough on their own pre-planned holiday.

Expecting guests — especially ones such as yourself who aren't close to the couple outside of work, and have no personal connection to the family — to commit so much time and money to their wedding can definitely seem unreasonable.

On the other hand, consider the possibility of mitigating factors. Is the bride inviting other people from work? If so, she may have thoughtfully included you



rather than risk your feeling excluded. Is she or her partner originally from Jamaica? If so, they might justifiably want to get married there. Is she actually from Calgary, but going to Jamaica because she hates her local friends and relatives and wants to discourage them from attending? In that case, you can decline the invite with a

clear conscience.

As I've pointed out in previous columns, weddings make all kinds of sensible people lose their minds. And the rest of us should go along, as much as possible within reason, in the name of love and friendship.

But that doesn't mean we have to bend to demands we find unacceptable or un-

affordable. Simply send your regrets, no explanation necessary, and follow up with a thoughtful gift. If she complains or tries to pressure you, chalk her bad manners up to wedding madness, and try not to hold it against her.

Need advice?
Email Ellen:
scene@metronews.ca

NADINE YOUSIF

Why Trump's Muslim ban really hurts

I made plans to visit New York City over the month of February. Like most Canadians, I did this without a second thought. After all, crossing the border down south is easy for us. Shopping trips in New York State, winter breaks spent in Florida, or a visit to countless U.S. cities to see family and loved ones are common occurrences for Canadians.

Suddenly, my plans came to a halt under Donald Trump's so-called "Muslim ban," all because of my place of birth. I am an Iraqi-Canadian who was born in Baghdad. My family came to Canada 10 years ago, and I currently hold dual citizenship from both countries. As my plans were halted, so was an embodied sense of safety and security that I've held within me since I've immigrated to Canada.

Being Iraqi in today's age already comes with its own challenges — waking up every day to news of massacres back home with the imminent fear of family members being lost, while dealing with the constant desensitization people seem to hold towards tragedies in the Middle East, is never an easy task.

But as an Iraqi-Canadian, I always held a sense of hope and a better future for my family and me. I am constantly grateful for the opportunities and support Canada has given me, while still being proud of my Iraqi identity — a fact I proudly display through a giant Iraqi flag that sits in my bedroom.

When news emerged that dual citizens from the seven countries outlined in Trump's ban are now barred from entering the U.S., the same Iraqi identity I held so dear felt like it was now reduced to an identity of a second-class citizen.

Prime Minister Justin Trudeau reassured the public by stating that Canadian dual citizens

can still enter the U.S. with no problems, but the damage has already been done for countless Canadians like me.

This Muslim ban has taken hopes of new experiences, re-connecting with family and loved ones, and the simple freedom of will away from us, while reinforcing an idea that we are merely to be looked at as suspicious, criminals, and untrustworthy.

It is hurtful to know that despite being a citizen of Canada and having visited the U.S. on multiple occasions for the better part of the last six years, freely crossing the border can suddenly be taken away from me, simply because of my place of birth — a fact that cannot be controlled. It is hurtful to know that the possibility to see my grandparents, aunts, uncles, and cousins in the U.S. could diminish at any moment for no reason, and for matters that are beyond my control.

But overall, the most hurtful part is the promotion of the negative and false rhetoric that surrounds Arabs and Muslims in part by this ban, all while many fleeing serious danger are now being denied a chance at life.

For now, I may be able to cross the border in February, but this incident has left those like me to live in a constant state of fear and confusion due to blatant racism.

I know that I, for one, will not be able to cross the U.S.-Canada border under Trump's America without the constant fear of prosecution.

And no innocent person, regardless of any place of birth or citizenship, should ever feel that way.

Nadine Yousif is a fourth-year journalism student at Carleton University, editor of the campus paper, the *Charlatan* and a dual Iraqi-Canadian citizen.



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Lisa Wright
Torstar News Service

Rowena Chan knows all about the so-called "déjà-boom" effect from relatives, friends and the usual water-cooler chatter among colleagues.

But it's also a growing part of her business. The phenomenon of grown kids boomeranging back home has become a big issue when it comes to baby boomers planning for retirement, says Chan, senior vice-president, TD Wealth Financial Planning.

According to a recent TD survey, the boomerang effect is in full swing, as a growing number of millennials continue to lean on their parents or grandparents for financial support — or to get their old room back.

In fact, almost 60 per cent of young adults ages 20 to 24 were living with their parents in 2011, according to the most recent census data, while one quarter of 25- to 29-year-olds were living with their parents that year.

And Statistics Canada says the trend has been steadily increasing since 1981.

One in four Canadian boomers admits to supporting their adult children or grandchildren, says the TD study.

"The people ready to retire in 10 or 15 years, they want their children to have a good start," she says, adding, "It may derail them a bit" from their retirement goals.

The survey found that 62 per cent of the baby-boom generation feels that supporting their offspring into adulthood is preventing them from saving enough for retirement, and 58 per cent reported feeling financially stressed by the situation.

"As a parent or grandparent, it's natural to want to help our kids and grandkids, who may be facing financial challenges such as finding full-time employment or paying their day-to-day expenses," Chan says.

"It's important that this desire to help is balanced with the

There goes the retirement dream

Nearly two-thirds of boomers say supporting adult children is preventing them from saving for retirement



ISTOCK



“It's natural to want to help our kids and grandkids who may be facing financial challenges

Rowena Chan, senior vice-president,
TD Wealth Financial Planning

goals you have when it comes to retirement," she notes.

The trend is not going unnoticed by boomers' children, either.

Almost half (44 per cent) of millennials report that they're fully aware of the financial stress the situation places on mom and dad, with 43 per cent of millennials saying they are

willing to cut costs before asking for their parents' help.

Experts say that retirement goals are still within reach. Meeting with a financial planner and doing a goals-based assessment is key to determining what the options might be for parents who are supporting kids while keeping their retirement plans on track.

\$ LIVING TOGETHER

Some tips to help parents and kids coping with the "boomerang" effect:

Negotiate the return

Discuss how everyone can contribute to the household budget and operations. For example, parents may be able to cover basics such as room and board, but expenses such as cell-phone bills, car payments, and recreational activities could be covered by the kids. Also, consider having everyone pitch in to the costs of running the day-to-day operations and dividing the household chores.

Prepare to relaunch

Whether it's a newly married son and his spouse and child, or a daughter who recently graduated and has moved back home, there are plenty of opportunities to educate all family members on the importance of being fiscally responsible and working toward financial independence. Use a financial planner who has experience working with multi-generational family dynamics.

Decide when to release

As everyone maps out their action plans, identify a date when you will no longer be financially committed to each other. As you approach this date, set up a series of mini-goals that will allow parents or grandparents to free up funds to divert toward retirement savings, while ensuring that the kids are meeting the savings targets they set.

Sleeping Beauty

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Dramedy takes sexual assault seriously

NEW SHOW

Daring story of vigilantes who avenge rapes rings true

Sophie van Bastelaer
Torstar News Service

Two young women clad in ninja suits and black masks rain punches and karate chops on a frat brother in his dimly lit bedroom amid his yells and objections.

They lean into his terrified face and threaten him, voices warped: "You ever touch a woman without consent again, we'll be back. And we won't be so sweet."

He stutters as he responds. "You're not sweet. You're vicious!"

MTV's daring new show *Sweet/Vicious*, fittingly rife with contradiction, follows two college women avenging rape victims on a university campus that does a frustratingly awful job at protecting them.

"People are just getting away with awful things," Jules, a recent rape survivor, says. "I'm trying to make some of that right."

Sweet/Vicious, which airs its first-season finale on Tuesday, has earned critical acclaim for its self-aware focus on the realities of sexual assault and its aftermath. (The whole season can also be streamed at mtv.ca.)

It's written as a dramedy and is often hilarious, but because the subject itself appears so rarely in Hollywood and so distressingly in real life, and because this depiction is so

bold, painful and unforgivingly straightforward, *Sweet/Vicious* ends up feeling almost unfit for the pop culture-obsessed music channel.

There is a glittery MTV sheen — cringe-worthy slang, ill-timed indie covers of popular songs, saccharine love

scenes and so on — that occasionally detracts from its empowering messages.

But there's no denying it's daring and original. The overarching lesson inherent in both the show's trajectory and its title is that a person cannot be defined one simple



Eliza Bennett, left, and Taylor Dearden star in MTV's *Sweet/Vicious*. HANDOUT

way; within every person are different degrees of good and bad, silly and serious, sweet and vicious.

The show quite clearly takes pleasure in its many contradictions, which provide viewers with the same kind of thoughtful discomfort its leads often feel. It touches briefly on issues of racial profiling and girl-on-girl assault, among other subjects that creator Jennifer Kaytin Robinson has said she would like the show to tackle should it be renewed for another season.

It's refreshingly well-written and it doesn't sugarcoat. The two mismatched but complementary vigilantes, Ophelia and Jules (deftly played by Taylor Dearden and Eliza Bennett, respectively), do not get off scot-free for beating men they call "garbage" to a bloody pulp: they face physical and emotional consequences both from law enforcement and from one another.

"I can barely remember the girl that I was before I got raped and I just know that I miss her," Jules tells Ophelia at one point, her voice cracking. Watching, I burst into tears, not for the first time. Always a television crier, this show struck a special, affecting chord with me because of having personally — and recently — experienced sexual assault.

I found myself stunned at how accurately the actors, imitating survivors, portrayed their reactions and emotions. I worried that Jules' debilitating PTSD, which affected her intimacy with love interest Tyler, might similarly affect me when I try dating again.

I felt inextricably connected to the story and to its resolu-

tion; for better or for worse, I couldn't dissociate myself from the main characters. I do wonder if watching would be as difficult and as cathartic for someone who had no experience with rape. I'd be interested to know both what other survivors thought of the show and what others less personally invested took away from it.

Unlike other young adult-centred shows like *Degrassi*, *Sweet/Vicious* spends the entirety of its season focusing on one drastically overlooked subject rather than flitting between issues plaguing teens, and it contradicts itself more often than is typically pleasant in teen TV. Crucially, *Sweet/Vicious* is not shocking simply for the sake of being so.

Ultimately, what is so scary and uncomfortable about the show is its relative lack of dramatization. While the characters are fictitious, their problems, their emotions, their truths and their causes are not.

Lines that in most other shows would ring cheesy are entirely becoming for *Sweet/Vicious* and are good reminders for us all: "Nothing can break you unless you give it permission," a character noted in a particularly poignant moment.

I enjoyed the show immensely, but I won't be devastated if there isn't a second season. This season was an exhausting, emotional ride, but it did the story and the issue justice, and rang true for me, a young survivor who is also suffering and frustrated with the lack of a support system. It reminded me, and surely others, that we're not alone.

— THIS WEEK —



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JOHANNA SCHNELLER WHAT I'M WATCHING

1970s sitcom broke feminist ground

THE SHOW: *The Mary Tyler Moore Show*, S4, E1 (Comedy Gold)

THE MOMENT: *The Ultimatum*

Lars, the never-seen husband of Phyllis (Cloris Leachman), is having an affair with Sue Ann Nivens (Betty White), the host

of WJM's *Happy Homemaker* show. Phyllis confronts Sue Ann on her set. Sue Ann is unmoved. Mary steps in.

"I have to be in a meeting in 45 seconds," Mary begins. She tells Sue Ann that Ted, the buffoonish, gossipy news anchor (Ted Knight) already knows

about her affair, and Mary herself will tell anyone he hasn't. Management won't like it. "So it's either Lars or your show," Mary sums up. Sue Ann chooses her show.

It's hard to describe what a powerful social force a sitcom could be in the 1970s, when

Moore ruled the airwaves. Three networks and no VCRs meant that huge audiences watched every show together in real time. By season four, we'd already seen Mary ask for a raise, cross a picket line, admit she took birth control, and have (implied) sex with boyfriends old and new.

But after watching a weekend marathon in the wake of Moore's death last week, I'm struck by how often episodes

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Betty White's character Sue Ann Nivens, did not get villainized for having an affair. CBS PHOTO ARCHIVE

YOU CAN DO THIS **ANESTHESIA TECHNICIAN**

Part of a caring hospital team

WHY I LIKE MY JOB

Ian Hamilton, 41, anesthesia technician, Nova Scotia Health Authority, Halifax

I had been a paramedic for about 10 years and was looking for a change.

As a level-three paramedic, I knew I'd be pretty competent at anything in the operating room (OR) that had to do with anesthesia, so I thought it'd be a good fit.

(I took an) anesthesia course offered by the Maritime Business College; it was the first year they had outsourced it from the hospital, which used to run the program in house on an on-demand basis. We learned the basics in class, and then part of the program is a six month, full-time apprenticeship in the OR.

(My job entails) a lot of different things depending on what service I'm working for, like orthopedics, cardiac or neurosurgery.

One of our prime responsibilities is making sure the anesthesia machine is running properly and has the equipment and gases connected. Then I'll speak with the anesthesiologist and find out if he had any concerns about the case, such as airway concerns, which might require special tools. I then help the anesthesiologist and monitor the equipment during surgery.

I like my job because the OR is like a great big family, especially in anesthesia. I've worked in emergency and pre-hospital for so many years, but I really didn't get the same feeling. It's also nice to be surrounded by people who are way smarter than you. Everybody is really there for the same common reasons and we work well together — the teamwork is outstanding.



THE BASICS:

Anesthesia technician

\$50K

Median annual salary for an entry-level anesthesia technicians, though salaries are dependent on experience and education level.

+14%

Projected rate of job growth over the next 8 years.

Data for this feature was provided by maritimemba.com, cas.ca, ontariocolleges.ca, onetonline.org and algonquincollege.com.

HOW TO START

In Canada, anesthesia technicians or assistants are a relatively new field, and most usually have some prior training as either a nurse, respiratory technician or paramedic. Some colleges — such as London, Ontario's Fanshawe and the Maritime Business College — offer specialized programs. Hospitals may also offer on-the-job training. Those looking at post-graduate courses may be required to have a respiratory therapy advanced diploma or a nursing degree, as well as 4,000 hours of experience. In class, technicians are taught the science and theory behind anesthesia, as well as train under an anesthesiologist to learn how to administer the drugs.

WHERE YOU CAN GO

Because of their advanced training, anesthesia technicians and assistants are sought after across Canada, though not all hospitals employ them. Most major hospitals in Canada will have at least some technicians or assistants on staff. Beyond the OR, there are opportunities in diagnostic units, post-anesthesia care units, emergency rooms, intensive care and child birth centres.

PERSONAL FINANCE

Stretching your food budget

Gail Vaz-Oxlade
For Metro Canada

Food prices just keep going up. And up.

My usual rule of thumb of \$50 per person per week for groceries just won't cut it in the winter, when a head of anything green costs \$5.

So how do you survive on the limited amount you have designated for food?

You have to be a good shopper. For instance, a dozen eggs costs about \$3 to \$6. Eggs are full of protein and are quite filling.

Shop the sales

One week bread may be on sale, the next tins of salmon. Have a float of about \$20 in your food budget to take advantage of the specials that will save you money over the month. Scour the fliers for deals and then hit the store with a price-matching policy. Peanut butter that usually sells for almost five bucks can be had for as little as \$2.49 on sale. (I bought four.)

Use everything you buy

Waste is the biggest enemy of a tight budget. Old potatoes become hash browns. Just-going-off veggies become stew fixin's. Chicken bones become stock



Millions of Canadians are feeling the pinch over prices at the supermarket. iStock

with addition of some onions (cheap) and left over veggies.

Invest in healthy staples

Peanut butter, oatmeal, rice, chickpeas and pasta all make your food budget go much further.

Cook ahead

Batch cook and freeze portions so you can jump-start dinner when you're short of time or energy. Soup is easy to make and can feed you for days (or freeze it for a meal next week and in

weeks to come for variety).

DIY

Don't buy prepared foods. Ever! Chop your own lettuce. Cut your own carrots. Back to basics, babies. Making your own sauces means you can flavour them just the way you like (more or less garlic, with or without cilantro).

For more money advice, visit Gail's website at gailvazoxlade.com



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HEADLINE

COFFEE

Mountainous taste

Colombian Excelso takes coffee lovers to new heights

By: Sean Deasy



Juan Valdez and his trusty mule Conchita; fictional characters that embody Colombian coffee.

For many of us the mention of Colombian coffee summons the enduring vision of coffee farmer Juan Valdez and his trusty mule.

And with good reason.

We've seen the ubiquitous fictional character since the late 1950s in everything from TV and magazine advertisements to logos and stamps (pictured, above) as the iconic symbol of the National Federation of Coffee Growers of Colombia. It seems the Colombians made decent coffee at the midway point of the 20th Century and invested heavily in spreading the word.

"Colombian was the most popular coffee (back in the day) because they had the best marketing," says Eric Shabsove of Mountain

View Estates Coffee. "They rode that marketing campaign for a long time, even when the quality of the coffee wasn't as good as some neighbouring countries."

But that has all changed, says Shabsove, whose Toronto-based roastery imports coffee from around the globe. "Colombian coffee is the real deal now: great coffees with the perfect balance and acidity. You can light roast or dark roast the beans, or you can put them in blends. And it's a washed coffee so it's also a very clean cup – quite enjoyable to drink both in the morning and afternoon."

Shabsove is not alone in his admiration for Colombian java. The prevailing belief among coffee aficionados is that Colombian coffee is once again a leader in world coffee. And a great deal of its resurgent success, understandably, stems from where the beans are grown. In this case, Excelso Coffee is from the state of Huila in south-western Colombia.

Huila a good cup

The area is incredibly diverse in terms of climate and landscape: the southern part of the region grazes the Andes Mountains, which helps create an unprecedented growing capacity.

Most coffee-producing countries only harvest once a year – some are fortunate enough to harvest twice. Not so in Huila, which is near the equator, boasts near-perfect weather, and sits at a considerably high altitude. "This coffee is unique because of the weather and the altitude and the Andes Mountains nearby," says Shabsove. "They harvest this coffee almost all year round."

There's such an abundance of trees that some will go dormant. "But when you've got this kind of soil and this kind of weather, you'll have flowers beside coffees that are beautiful

cherries. That's just what's amazing."

That's also why the beans are handpicked, says Shabsove. "Because you could have a flower, you could have a green bean and you could have a red cherry ready to go, so you have to pick each one separately."

What does Huila's diverse climatic conditions and fertile soil mean for coffee lovers? Quite simply: a variety of high-quality, well-balanced beans with near-perfect acidity.

It's produced in a micro-lot structure, where producers pick the ripe cherries, which are then washed, dried and processed into dry parchment. The product is then sent to a central hub where the coffee is sorted for quality and readied for export.

Ultimately this coffee is destined to leave a very good taste in your mouth.

Cadefihuila cares

Who are the growers behind Colombian Excelso coffee? The Cooperativa Departamental de Caficultores del Huila, or Cadefihuila, for short.

Cadefihuila was established in 1963 by just 19 members with the goal of uniting the many small coffee producers in the region. Their mission? To increase their members' income, attempt to solve social and economic problems, and protect against an instable coffee market.

Their numbers grew considerably in the 1990s, as producers from other areas of Huila joined the group. This created the large and multi-departmental co-op that Cadefihuila is today. The co-op now comprises 4,000 members from 25 municipalities across the state.

In 2014 the organization became Fairtrade certified, which has fortified their mission to support their members in shaping a

sustainable future for their business. They are able to offer the best possible price to their coffee producers, as well as provide technical services, farming products and access to international markets. The organization continues to grow and remains committed to becoming a world leader of specialty Colombian coffees, in particular.

Their many social initiatives have turned heads in the industry. "They have scholarships for the children of the producers, that's one area that they focus strongly on," says Shabsove. "They also do a lot of medical projects for their members and the people that participate in production. So they do a lot of good things for the people and Fairtrade helps them as well."

Fairtrade impacts

Certainly the Fairtrade premium is an asset. Investments have been made in training on environmental criteria and on how to farm sustainably without damaging the ecosystem's biodiversity. One notable project is currently underway to renovate the plantations to combat la roya (leaf rust disease).

Cadefihuila has also made great progress in providing coffee infrastructure, such as drying and milling facilities, to their members. The intention is to develop infrastructure further and upgrade water treatment systems. The group has also developed a business and marketing strategy for their coffee.

The co-op now has two technical assistance teams – one for agriculture and the other for environmental sustainability. Training in crop management to boost quality and yields has already resulted in higher production levels.

A certain Colombian coffee grower, standing alongside his four-legged companion, could hardly be blamed for beaming with pride.

HEADLINE

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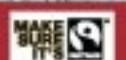
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HEALTH AND WELLNESS

Bring balance back into your working life

Stressed at work? You're not alone. A survey conducted by the Canadian Health Food Association found that 67 per cent of Canadians agree that their work causes them stress, and that this stress negatively impacts their lives.

Beat stress by incorporating these five tips to bring balance back into your life.

Punch up productivity: Omega-3s, found in foods such as fish and nuts, have been shown to improve our learning and memory. Research also shows that omega-3s can help protect us from mood decline, allowing us to



ISTOCK

stay positive through the day's most difficult tasks.

Stay calm: Did you know that not all bacteria are bad for you? Our gut is home to billions of bacteria that play a role in our intestinal and mental health. Supplementing with

probiotics has been shown to help reduce anxiety and stress. Consider adding a supplement into your daily routine or eating more probiotic-rich foods, such as kimchi, kefir and sauerkraut.

Get creative: "Deskercise" is using your own

body weight to add more exercise to your day. Find a few minutes each day to do a few squats or desk dips, and add more movement throughout the day by getting up and going for a walk. Instead of sitting, encourage everyone to stand in your next meeting or swap out your chair for an exercise ball.

Practice mindfulness: Mindfulness helps increase your general awareness while decreasing stress — and all it takes is a few moments of peace. Set an alarm on your phone to remind yourself to stop and take three deep breaths every hour. When you get home, end the day by writing down three things you're grateful for.

Eating for energy: Put down the junk food. Snack on smart carbs instead, like beans and legumes that are high in fibre. Eating more complex carbs can reduce stress hormones, improve mental performance and enhance your mood. They also slow and stabilize glucose absorption, reducing your risk of blood sugar spikes and crashes. *-NEWS CANADA*

Where
Are
You?



Relax in a meditative state in the Float House's new location

Experience nothing. Float House opened a new location in October 2016 on Whyte Avenue. They are here to provide a mind opening, sensory limiting, and full body experience.

Starting in Gastown, Vancouver back in 2013, they have one of the largest float therapy centres in the entire world. Expanding to six other cities on the west coast — Edmonton was the first location outside of BC and is the only Float House centre in Alberta. Float House provides this service at an affordable price and is open daily.

So what is floating? For 75 minutes, escape from the daily grind and relax in a meditative state to help let go of mind and body stress. Experience something new, something old, or something you didn't know you were looking for.

The floating bliss is not limited to just the 75 minutes you are in the cabin. You take that awareness and ease with you when you leave, as your brain and body had a chance to essentially reset. Each float experience is different; each person experiences something different.

For 10 weeks, I will be going on a journey to aid in the process of starting a new me. With January starting, the fitness



CONTRIBUTED

goals come out. It's incredibly important to keep a healthy body, but what about your mind? Mental health is equally, if not a more important, aspect of life, which needs to be focused on.

Check out the full story covering my float journey in May as I work on my entire self. *-CAROLYN DICKSON*

LEARN ABOUT THE MANY BENEFITS OF OMEGA OILS

Omega oils are great for everything great from heart health to brain function but they also play a vital role in helping your body absorb essential nutrients.

When placed in healthy oils, active ingredients are absorbed far more readily by cell membranes, according to Simply Health franchiser Azim Velji, who says Platinum Naturals selects the highest quality ingredients and suspends them in healthy omega oils to ensure each and every nutrient is ready to be absorbed where it's needed most.

"Through this proprietary process, they're able to deliver the nutrients your body needs far more effectively for results you can feel," Velji adds.

Platinum Naturals understands absorption and through their award winning Omega Suspension Technology (OST), they're able to deliver the results people are looking for when they take a supplement.

"Whether it is increased energy, improved bone density or relief from cold and flu, OST helps ensure you absorb the nutrients you need

for improved health." The benefits include:

Improved Absorption

Fats pass through virtually anywhere in the cell membrane, unlike non-fat substances that require specific receptor sites. By coating the active ingredients in healthy oils we're creating a greater opportunity for absorption.

Guaranteed Potency

Oxygen and moisture are known to cause destruction to the active ingredients in supplements. The healthy oils in OST act as a barrier and protect the nutrients from oxygen and moisture.

Improved Compliance

Tablets are often difficult to swallow and digest, and sometimes leave an unpleasant taste. OST products are easy to swallow, easy to digest and free of unpleasant odour or taste.

Want proof?

"The oil in your favourite salad dressing does



ISTOCK

more than add flavour. It also helps your body absorb the salad's nutrients. That's because oil is easily absorbed by the cell membranes in your body," Velji explains.

In fact, a 2004 study found that substantially greater absorption of carotenoids, your body's

main source of vitamin A, was observed when salads were consumed with full-fat salad dressings rather than with fat-free dressings.

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FOLLOW US:

Curler Brad Gushue will get to play in the Brier in his hometown of St. John's, N.L., after winning the provincial title



McDavid can't keep up with Crosby at all-star

NHL

Oilers star loses as Sid captains Metropolitan outfit to victory

Sidney Crosby got the best of Connor McDavid in Sunday's NHL all-star game.

The Crosby-led Metropolitan division all-stars topped McDavid's Pacific division squad 4-3, capturing not only the three-on-three affair but a \$1 million US prize that will be split among the players.

Philadelphia Flyers winger Wayne Simmonds scored the go-ahead goal and eventual game-winner in his first all-star game. Seth Jones, Justin Faulk and Cam Atkinson also scored for the victors. Crosby was ultimately held without a point.

McDavid scored his team's second goal on a breakaway and later appeared to give them a 4-2 lead, but the goal was ruled offside. Atkinson quickly tied it, batting a second attempt by Mike Smith. He was followed by Simmonds, who rifled a one-time feed from Taylor Hall past Smith.

Joe Pavelski and Bo Horvat also scored in defeat for the Pacific division. McDavid and Crosby have been compared all weekend in Los Angeles, starting with Wayne Gretzky's assertion that the 20-year-old McDavid was



Connor McDavid and Sidney Crosby share a laugh during a break in action during Sunday's NHL all-star game in Los Angeles. BRUCE BENNETT/GETTY IMAGES

"chasing" his 29-year-old counterpart for best-in-the-game status.

If touched by the compliments, McDavid also noted of Crosby: "He's the best player in the world by far." McDavid leads the NHL with 59 points this season, just ahead of Crosby's 55.

McDavid's squad won the day's opening matchup 10-3, topping Jona-

than Toews and the Central division. Six players had at least three points, including the Edmonton Oilers captain (one goal, two assists), Calgary's Johnny Gaudreau (two goals, one assist) and Horvat (one goal, two assists),

first-time all-star for Vancouver. Anaheim Ducks defenceman Cam Fowler led the way with four points (one goal, three assists). Corey Crawford and Devan Dubnyk combined to allow 10 goals on 22 shots in the lightly defended, low energy affair.

Bruce Boudreau, who coached the losing Central squad, thought the for-

I can't picture an Olympics without (NHL players) to be honest.

Connor McDavid on the hot topic of whether or not NHLers will participate in next winter's Olympics in Pyeongchang, South Korea



SUNDAY In Los Angeles

4 **3**
METRO DIV. PACIFIC DIV.

mat was "fabulous", but also "too much fun and not enough play." Gretzky coached the Metropolitan division to a 10-6 win over the Atlantic all-stars in the day's second game. The Great One was replacing Columbus Blue Jackets coach John Tortorella, who had to pull out from the weekend for personal reasons.

Gretzky had fun with his rare coaching duties, pairing Crosby and Alex Ovechkin together right off the hop. Crosby and Ovechkin, the two long-compared superstars, were playing on the same all-star team for the first time since 2007 — the last and only previous time that Crosby has taken part in the event.

The Pittsburgh Penguins captain got his first-ever all-star game point when he beat Tuukka Rask with a backhand between the pads, later adding an assist. Tavares and Atkinson led the way with four points apiece, Wayne Simmonds also notching two goals for the victors. Vincent Trocheck and Nikita Kucherov topped the losing squad with four points apiece. Auston Matthews also scored a goal in his first all-star game.

THE CANADIAN PRESS

HOCKEY

Patrick a focus for Prospects Game

There will be 40 players dressed for the Canadian junior Top Prospects Game but most eyes will be on only two of them — Brandon Wheat Kings centre Nolan Patrick and Halifax Mooseheads forward Nico Hischier.

Winnipeg's Patrick and Hischier are expected to go first and second in the NHL draft June 23 in Chicago and each was named captain of a team for the game Monday night at the Centre Videotron. "I have a lot of respect for him, but I'm not going into the game thinking it's me against Nico," said Patrick. "I just want to help my team and play the best I can."

Patrick leads Team Orr, which includes Windsor Spitfires forward Gabe Vilardi, who is ranked third by NHL Central Scouting among North American skaters. Hischier is on Team Cherry, whose roster includes Windsor goaltender Michael DiPietro.

Dozens of NHL scouts will be gathering information on how the best players from the three Canadian-based major junior leagues perform against their peers. Patrick, who missed out on last year's draft due to a late birthday, has been the consensus No. 1 choice by most scouting services since the start of the season. But the Winnipeg native missed 35 games with an abdominal injury while Hischier's stock soared after a standout performance for Switzerland four weeks ago at the world junior championship.

The six-foot-three Patrick led Brandon to a Western Hockey League title last season, when he had 102 points in the regular season. THE CANADIAN PRESS



Nolan Patrick in a scuffle for the Wheat Kings. THE CANADIAN PRESS FILE

GOLF

Spaniard Rahm wins by 3 at Torrey Pines

Jon Rahm of Spain added his name to the burgeoning list of young stars Sunday with his big game and a big finish at Torrey Pines.

Rahm made two eagles over the final six holes, the last one a 60-foot putt from the back fringe on the par-5 18th hole for a 5-under 67 to win the Farmers Insurance Open by three shots for his first PGA Tour victory.

Rahm, who turned 22 in November, beat Phil Mickelson's mark as the youngest champion



Jon Rahm
GETTY IMAGES

at this tournament. He also became the first player in 26 years to capture his first PGA Tour title at Torrey Pines. Rahm finished at 13-under 275, three shots ahead of Charles Howell III (68) and C.T. Pan of Taiwan, who had a 70.

THE ASSOCIATED PRESS

IN BRIEF

Streifel beats Armstrong, takes junior women's title

Alberta's Kristen Streifel topped Ontario's Hailey Armstrong 5-3 on Sunday to capture the women's Canadian junior curling championship in Victoria.

Streifel and her team of vice-skip Chantele Broderon, second Kate Goodhelpsen and lead Brenna Bilassy will represent Canada at the world juniors in South Korea next month.

THE CANADIAN PRESS

AFRICA CUP OF NATIONS

Egypt sinks Morocco to make semi-finals

The fallen giant of the Africa Cup of Nations is rising again as Egypt became the final team on Sunday to force its way into the semifinals amid late drama.

The record seven-time champion, held back by years of political upheaval back home, returned to the last four for the first time since 2010 with an 87th-minute winner over Morocco in the last quarter-final in Gabon. Mahmoud Kahraba hooked in a volley in a goal-mouth scramble at the end,

SUNDAY in Gabon

1 **0**
EGYPT MOROCCO

giving the Egyptians a 1-0 win. Egypt joined Ghana as quarter-final winners on Sunday, after Ghana's 2-1 win over Congo.

Burkina Faso and Cameroon progressed to the semifinals on Saturday. THE ASSOCIATED PRESS

Rivalry reignited

AUSTRALIAN OPEN

Federer tops arch nemesis Nadal for 18th major victory

So here was Roger Federer, down a break in the fifth set in a Grand Slam final. Across the net was his nemesis, Rafael Nadal, the left-handed Spaniard he hadn't been able to beat in a major final in almost a decade.

The 35-year-old father of four was back in his first tour-level tournament after six months off letting his injured left knee recover, and he hadn't won any of the big four events in tennis since Wimbledon 2012. Nadal was returning from injury, too, and somehow the pair had renewed the Roger-Rafa rivalry in a throwback Australian Open final that transcended sport.

At that moment, an 18th Grand Slam title didn't feature in Federer's thinking.

Don't play the player, he reminded himself, just play the ball. Attack the serve.

With that, Federer recovered the break, and seized momentum in a roll of winning 10 consecutive points that helped propel him to a 6-4, 3-6, 6-1, 3-6, 6-3 win late Sunday night. His fifth Australian title extended his buffer to four atop the list of all-time Grand Slam champions. Nadal remained tied with Pete Sampras in second place with 14.

"For me it's all about the comeback, about an epic match with Rafa again," Federer said, "... that I can still do it at my age after



Sunday's win was Roger Federer's first in a decade against Rafael Nadal in a major final. CAMERON SPENCER/GETTY IMAGES

not having won a slam for almost five years.

"That's what I see. The last problem is the slam count — honestly, it doesn't matter."

Federer had lost six of the previous eight Grand Slam finals he'd played against Nadal and was 11-23 in their career meetings. His last win over Nadal in a major final was at Wimbledon in 2007.

"It remains for me the ultimate challenge to play against him," Federer said. "It's super sweet, because I haven't beaten him in a Grand Slam final for a long time now."

"This one means a lot to me because he's caused me problems over the years."

With big wins come big celebrations, Federer said. "We're going to party like rock stars tonight."

THE ASSOCIATED PRESS

ON SATURDAY

Roger Federer's victory capped a remarkable weekend for 30-somethings.

All four singles finalists were 30 or older — after 35-year-old Serena Williams, bottom right, beat her older sister, Venus, in the women's final to capture her Open-era record 23rd Grand Slam title.

GETTY IMAGES



35

By winning in Melbourne, Federer became the oldest man since Ken Rosewall in 1972 to win a slam.

IN BRIEF

Aussies sweep in Calgary

Australian freestyle skiers Matt Graham and Britteny Cox swept moguls gold Saturday at a World Cup in Calgary.

Canada's Mikael Kingsbury finished second to Graham in the men's final, which ended Kingsbury's streak of six straight gold in Calgary. Benjamin Cavet of France was third.

Montreal sisters Justine and Chloe Dufour-Lapointe were second and third respectively behind Cox.

THE CANADIAN PRESS

RUGBY

Canadian men find stride in Wellington

There have been more valleys than peaks of late for the Canadian men's rugby sevens team. But Canada climbed high at the Wellington Sevens on the weekend.

The Canadians, who started the season with back-to-back 13th-place finishes in Dubai and Cape Town, found their stride under new coach Damian McGrath and placed fourth Sunday in New Zealand.

South Africa defeated Fiji 26-5 in the championship game on



Adam Zaruba
GETTY IMAGES

a windy day at Westpac Stadium. Canada won four straight matches before falling 21-5 in semifinal action to the high-flying Blitzboks, who have won two events and finished runner-up in the third. Adam Zaruba, named to the tournament all-star team, scored a late consolation try for Canada. THE CANADIAN PRESS

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In Memoriam

As a free service to the community and funeral service providers, Metro Edmonton notes the following deaths with or without the placement of an obituary.

Park Memorial Funeral Home (780-426-0050)

JONES, WAYNE "CASEY"

Date of Death: January 19, 2017

Age 65 years

SCOTT, Kevin Wesley

Date of Death: January 24, 2017

Age 52 years

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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3	1	6	4	5	2	9	7	8
7	4	8	3	9	1	5	2	6
5	2	9	8	7	6	3	4	1
9	6	2	1	3	4	7	8	5
4	5	1	6	8	7	2	3	9
8	7	3	9	2	5	1	6	4
6	8	7	5	1	3	4	9	2
1	3	4	2	6	9	8	5	7
2	9	5	7	4	8	6	1	3

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MAKE IT TONIGHT

Spiced Roasted Chicken and Chickpea Traybake



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

- 2 cups cherry tomatoes
- 15 ounce can chickpeas, rinsed
- 1 cup cilantro

Give chicken dinner a little jolt with this Moroccan spice blend and cool dipping sauce.

Ready in 35 minutes

Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

Ingredients

- 5 Tbsp olive oil
- 4 cloves garlic, minced finely
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp salt
- Pinch pepper
- Pinch of red pepper flakes
- 1 cup Greek yogurt
- 6 boneless, skinless chicken thighs

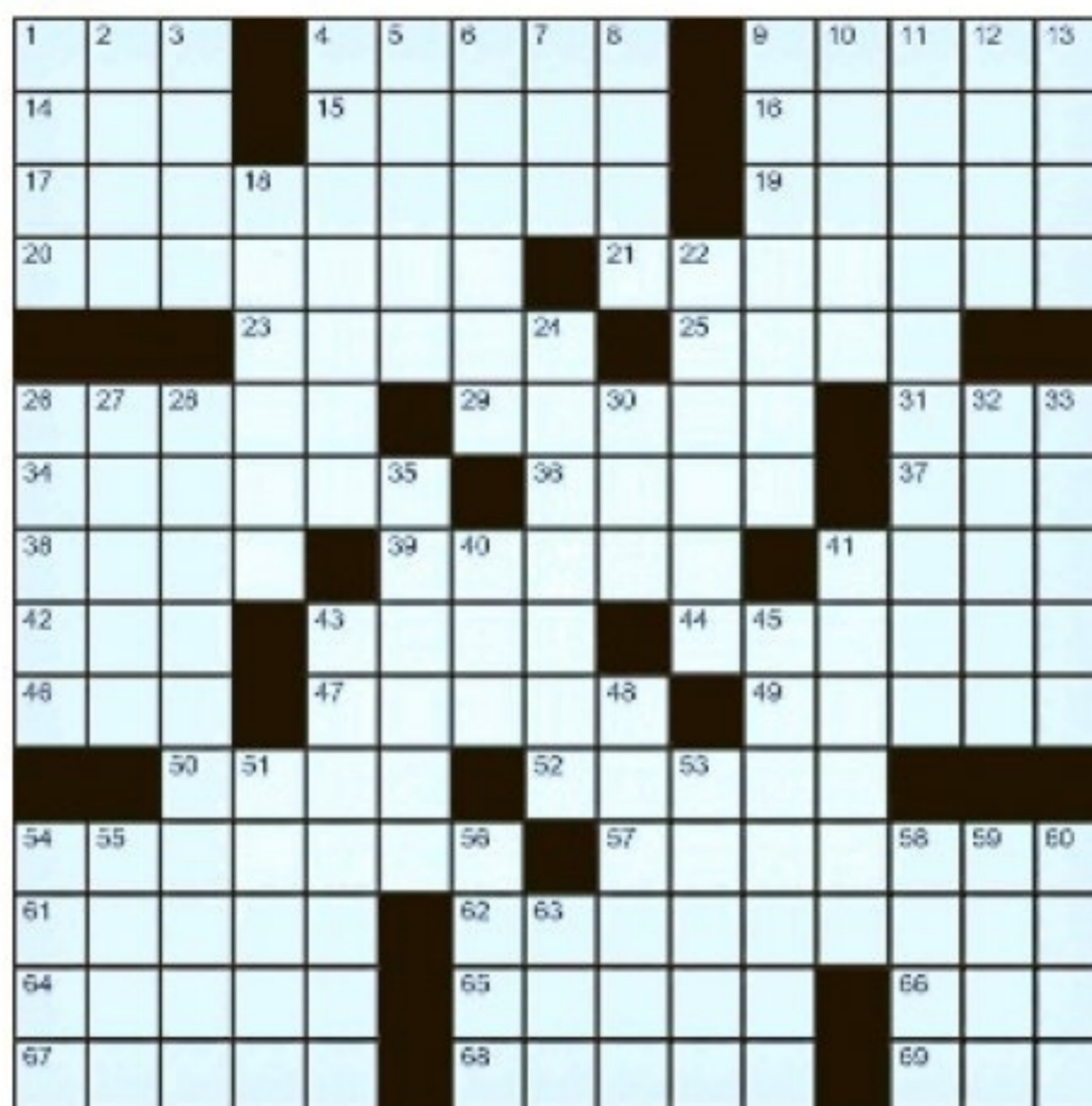
Directions

1. Preheat oven to 450 F.
2. Whisk oil, garlic and spices together. Take 1 Tbsp of the mixture, stir it into the yogurt.
3. In a large bowl, toss the chicken, tomatoes, chickpeas and cilantro with the rest of the oil and spice mixture. Arrange in a single layer on a rimmed baking sheet.
4. Bake for 20 to 25 minutes.
5. Serve with a dollop of the spiced yogurt.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Frequently, short style
4. Weasel kin
9. Spy for Moses
14. Vertical's opp.
15. Gabriel of "Miller's Crossing" (1990)
16. Sheep-like
17. Computer-using accessories
19. Ski run
20. Toughened
21. Those in hot pursuit in movie car chase scenes
23. More dreadful
25. Deli side dish
26. Gilbert and Rue
29. "Same here."
31. Want (News-paper notices)
34. Thuds
36. Tense/tight
37. Ink-on-skin pic
38. Cars member Mr. Ocasek's
39. Unexpressed, but understood
41. Ms. Gershon
42. "Yuck."
43. Cumberbund
44. Cause and
46. Funnyman Mr. Brooks
47. Polynesian amulets
49. Old tales
50. Genesis paradise
52. Type of duck
54. Fiercely feminine big cat
57. Ode on a (1819 John Keats poem)
61. "You're in of trouble!"
62. "The Age of" (1993) starring Dan-

iel Day-Lewis and Michelle Pfeiffer
64. "Schoen" by Wayne Newton
65. American frontiersman, Daniel (b.1734 - d.1820)
66. Office neckwear
67. Found the math sum

68. Trigonometry ratios
69. Not even, numbers-wise

DOWN

1. Electrical resistance units
2. the bill
3. 1983 Spandau

- Ballet hit
4. Pyramid-topped pillar
5. Computer keyboard user
6. Conducted a transaction in sports or business
7. Terminate
8. Inactivity

9. Cockpit professional
10. Canadian singer Eva
11. Founded in 1972, eponymously-named Canadian cosmetics company; 2 wds.
12. "acte (Play interlude)

13. Busy bugs
18. Certain cars
22. Shrewd
24. British movie director Guy
26. Theatre curtain fabric
27. Lewis Carroll character
28. Neil Young or Bryan Adams; 2 wds.
30. Mai (Cocktail)
32. Dazzle on the ballroom floor
33. Athletic trivia
35. Finishings on backyard decks
40. Get permission
41. Roller coaster ride sensation
43. in tradition
45. Defrauds
48. Log into an Internet account; 2 wds.
51. Toronto-born single-named music star
53. Talk in a monotone
54. "Presto!"
55. "a wonderful time."
56. The Kardashians, e.g.
58. "the Groove" by Madonna
59. -tongued
60. Require
63. "don't." (Retort to "Yes, you do.")

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Start this week gently, because you have been high-viz and talking to lots of people. Today you want to be more lowkey, and that's just fine.

Taurus April 21 - May 21
Important discussions might take place between you and a female acquaintance. This could be about a competition with someone. Why not share your goals with this person?

Gemini May 22 - June 21
People will notice you today. They might discuss the personal details of your life, for some reason. Fear not — people see you in a positive light.

Cancer June 22 - July 23
Explore something new and different today to satisfy your urge to expand your world and learn something new. Grab any chance to travel or talk to people from other backgrounds.

Leo July 24 - Aug. 23
Clean up loose details about shared property, inheritances, taxes and debt, because you will feel better if you do this. Work to get out of debt.

Virgo Aug. 24 - Sept. 23
Be easygoing and accommodating with others today, because that's the easiest way to get through the day. Two weeks from now, you can be demanding — but not today.

Libra Sept. 24 - Oct. 23
You begin this week with a sense of purpose and a desire to get better organized. In fact, you will want to improve your health through exercise and wiser eating. Congratulations!

Scorpio Oct. 24 - Nov. 22
Today you are a Friday person in a Monday world. You would rather play hooky, party or just goof off.

Sagittarius Nov. 23 - Dec. 21
If you can cocoon at home today, you will prefer to do this because you want to hide among familiar surroundings. Family discussions might be significant, especially with a female relative.

Capricorn Dec. 22 - Jan. 20
Today you will trust your hunches more than your logic and intellect. You don't always do this, but sometimes you do — and today is one of those days.

Aquarius Jan. 21 - Feb. 19
If shopping today, you will spend your money emotionally. You will buy what you want, and not necessarily what you need. Been there, done that.

Pisces Feb. 20 - March 20
Because the Moon is in your sign today, you will respond to people around you with heightened emotion. They might not understand this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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